

## HINTS ON KITCHEN ECONOMY.

Buy at the Markets for Cheap and Fresh Goods.

## A Sanitary Inspector's Brief Advice at a Mother's Meeting.

There was a mother's meeting at the People's Club the other afternoon. Mrs. Betts was expected from the police settlement to talk to the women about kitchen economy. At 4 o'clock she had not arrived. Those at the meeting having consumed the doughnuts and hot coffee hospitably provided, were ready to leave, when a deputy from the sanitary corps of the Health Board was discovered on the premises.

He yielded to the importunities of the youthful house committee to "address the meeting in a few words." What he said was this:

"Ladies and members of the mothers' meeting:

"The best advice I can offer on the subject of kitchen economy is to keep clean, and to market for your supplies. If you do so you will be able to live well.

Then he bowed and went away, and the committee had been trying ever since to find out what his name is, so as to get another address in a few words.

"That blunt sanitary inspector hit the nail on the head," said the women. "A limited means need is clean living. Much of the food purchased by the masses is unwholesome."

If it is not unwholesome or adulterated it is stale or spoiled. For these inferior articles money is paid as would procure superior goods.

A jolly old provision dealer in Fulton Market, who has been in business for nearly fifty years, said yesterday:

"It is only the successful people who know how to live. There are at least \$5,000 families living within walking distance of this market and three times as many pass every day, who are either too lazy or too ignorant to trade here."

"Take fish, for instance. I'll give you the prices of three cents to seven cents a pound higher. But that is not all. The quality is below grade. It is exactly the same with regard to garden truck. The greens over there, pointing to a mountain of vegetables in an open lot, speak for themselves. They are crisp and fresh."

"Green groceries that that firm would not sell bring higher prices up than prime articles because the people are too lazy to come downtown to market or because they don't care what they eat. I have no objection in saying this. It is nothing to me. My line, as you see, is provisions."

"Small dealers go to market two or three times a week. Supplies of every sort come into Fulton, Washington and Gansevoort markets every morning. In the year, and have consumers who buy there live better and generally cheaper than the average. Of course, there are dealers up town who carry fancy stock, but they command fancy prices that only the rich can pay."

For the education of the housewives, the following price lists were obtained. Incidentally there are innumerable close buyers, who have these price lists mailed to them three or four times a month.

**Ladies' Underwear.**

**Great Sale**

**Ladies' Heavy Ribbed Cotton Vest, long sleeves, Pants to match, sizes 3, 4, 5, at**

**25c.**

**SPECIAL.**—Ladies' imported Swiss Ribbed Wool Vests, sizes 3, 4, 5, in white, natural or black.

Low Neck.....79  
High Neck and Short Sleeves.....79  
High Neck and Long Sleeves.....98

**Men's Underwear.**

Men's heavy natural wool shirts and drawers, all sizes, extra good value.....39  
SPECIAL.—Men's all-wool shirts and drawers in natural or camel's hair, all sizes.....79  
Men's fancy Ribbed Wool shirts and drawers, all sizes.....98  
Men's All-Wool shirts and drawers, all sizes, in white natural wool, camel's hair or scarlet, camel's hair or scarlet, camel's hair or scarlet, camel's hair or scarlet.....98  
Men's genuine Camel's Hair shirts and drawers, all sizes.....1.24

**Men's Neckwear.**

600 doz. Men's All-Silk Ties and Four-in-Hands in the latest shades, in medium or dark grounds, regular 50c. quality, at.....24  
SPECIAL lot of Men's All-Silk Ties and Four-in-Hands and Windsor Innerlies in medium and dark grounds, latest patterns; regular price 75c., at.....48

ened with prepared Indian meal, of the best quality, and what about flour. Nothing but the above materials are used in the preparation of this delicious article, but the secret is to combine them so as to make so good and cheap an article of food, being bread and meat together.

It is thoroughly cooked, and some people are fond of it cold. It is better fried to a light brown and eaten hot. To prepare for the table, cut in slices about half an inch thick, grease the frying-pan or bake iron as you would for butter cakes, lay the slices in and fry them to a light brown.

Appropriately of these prices, the dealer said:

"Butchers and grocers are as tricky as dry-goods dealers. They all have their bargain counters and special sales. For a long while we were bothered by a big customer who refused our ham because a butcher in his neighborhood—up in Ninth avenue—was selling them at 12 cents."

"I took the trouble to go up and investigate, and I found that while he was actually selling smoked meat at 12 cents, he was getting 3 cents apiece for every pound of fresh meat, but the customers didn't see it in that light."

"It is the same way with staple groceries. Dealers will sell sugar at 10c. for a trifle below, and get 3 cents apiece for the sugar. They will sell for 25c. the choice of dairy products in the market at the following prices:

Good sweet table butter.....25  
Butter, cream, 1 lb.....25  
Butter, cream, 1/2 lb.....25  
Butter, cream, 1/4 lb.....25  
Butter, cream, 1/8 lb.....25  
Butter, cream, 1/16 lb.....25  
Butter, cream, 1/32 lb.....25  
Butter, cream, 1/64 lb.....25  
Butter, cream, 1/128 lb.....25  
Butter, cream, 1/256 lb.....25  
Butter, cream, 1/512 lb.....25  
Butter, cream, 1/1024 lb.....25  
Butter, cream, 1/2048 lb.....25  
Butter, cream, 1/4096 lb.....25  
Butter, cream, 1/8192 lb.....25  
Butter, cream, 1/16384 lb.....25  
Butter, cream, 1/32768 lb.....25  
Butter, cream, 1/65536 lb.....25  
Butter, cream, 1/131072 lb.....25  
Butter, cream, 1/262144 lb.....25  
Butter, cream, 1/524288 lb.....25  
Butter, cream, 1/1048576 lb.....25  
Butter, cream, 1/2097152 lb.....25  
Butter, cream, 1/4194304 lb.....25  
Butter, cream, 1/8388608 lb.....25  
Butter, cream, 1/16777216 lb.....25  
Butter, cream, 1/33554432 lb.....25  
Butter, cream, 1/67108864 lb.....25  
Butter, cream, 1/134217728 lb.....25  
Butter, cream, 1/268435456 lb.....25  
Butter, cream, 1/536870912 lb.....25  
Butter, cream, 1/1073741824 lb.....25  
Butter, cream, 1/2147483648 lb.....25  
Butter, cream, 1/4294967296 lb.....25  
Butter, cream, 1/8589934592 lb.....25  
Butter, cream, 1/17179869184 lb.....25  
Butter, cream, 1/34359738368 lb.....25  
Butter, cream, 1/68719476736 lb.....25  
Butter, cream, 1/137438953472 lb.....25  
Butter, cream, 1/274877906944 lb.....25  
Butter, cream, 1/549755813888 lb.....25  
Butter, cream, 1/1099511627776 lb.....25  
Butter, cream, 1/2199023255552 lb.....25  
Butter, cream, 1/4398046511104 lb.....25  
Butter, cream, 1/8796093022208 lb.....25  
Butter, cream, 1/17592186044416 lb.....25  
Butter, cream, 1/35184372088832 lb.....25  
Butter, cream, 1/70368744177664 lb.....25  
Butter, cream, 1/140737488355328 lb.....25  
Butter, cream, 1/281474976710656 lb.....25  
Butter, cream, 1/562949953421312 lb.....25  
Butter, cream, 1/1125899906842624 lb.....25  
Butter, cream, 1/2251799813685248 lb.....25  
Butter, cream, 1/4503599627370496 lb.....25  
Butter, cream, 1/9007199254740992 lb.....25  
Butter, cream, 1/18014398509481984 lb.....25  
Butter, cream, 1/36028797018963968 lb.....25  
Butter, cream, 1/72057594037927936 lb.....25  
Butter, cream, 1/144115188075855872 lb.....25  
Butter, cream, 1/288230376151711744 lb.....25  
Butter, cream, 1/576460752303423488 lb.....25  
Butter, cream, 1/1152921504606846976 lb.....25  
Butter, cream, 1/2305843009213693952 lb.....25  
Butter, cream, 1/4611686018427387904 lb.....25  
Butter, cream, 1/9223372036854775808 lb.....25  
Butter, cream, 1/18446744073709551616 lb.....25  
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Butter, cream, 1/295147905179352825856 lb.....25  
Butter, cream, 1/590295810358705651712 lb.....25  
Butter, cream, 1/1180591620717411303424 lb.....25  
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Butter, cream, 1/18889465931478580854784 lb.....25  
Butter, cream, 1/37778931862957161709568 lb.....25  
Butter, cream, 1/75557863725914323419136 lb.....25  
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Butter, cream, 1/126765060022822940149682405376 lb.....25  
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